

WEEK 1	date:	Center:	NSP or CA:		
Meal	Menu Items birth-3 months	Menu Items 4-7 months	Menu Items Children 8-11 months	Menu items 1-2 yr olds-whole 2-3 yr old 1% milk	Menu items (3-5 yr olds) 1% milk
Monday Breakfast	4-6 oz of breastmilk or formula	4-8 ounces of breastmilk or formula <u>and</u> 0-3 T IFICereal	6-8 oz breastmilk/formula 2-4 T Infant Cereal 1-4 T applesauce	100% Orange juice wheat English muffin Hard Cooked Egg Milk	100% Orange juice Wheat English muffin Hard Cooked Egg Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3T peas, mashed	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 T diced chicken and 1-4 T carrots, well cooked, diced	Chicken ALA King Rotini Pasta Citrus Fruit salad peas, carrots Milk	Chicken ALA King Whole Wht Rotini Pasta Citrus Fruit salad peas, carrots Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk/formula 1-4 T cheddar cheese 0-2 saltine crackers	Small Celery Pieces Saltines milk	celery w/ sunflower butter raisins Milk
Tuesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk/ formula 2-4 T Infant Cereal 1-4 T Mango (diced small)	Pineapple/mango (sm chnks) multi grain toast milk	Pineapple/Mango salad multi grain toast w/ margarine milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T pureed cauliflower	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 T ground Turkey (well browned) and 1-4 T cooked cauliflower (diced small)	Chili (turkey) w/ cheddar cheese Cooked cauliflower fruit cocktail Homemade Cornbread milk	Chili (turkey) w/ cheddar cheese cooked cauliflower fruit cocktail Homemade Cornbread milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz of breastmilk or formula 0-2 Townhouse Crackers ½ to 2oz. small pieces of string cheese	String Cheese Townhouse Crackers milk	String cheese Townhouse wheat crackers milk
Wednesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T pears softened/peeled/diced	Fresh/canned pears Rice Chex cereal milk	Fresh/canned pears Rice Chex cereal Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed Peaches	6-8 oz breastmilk or formula 2-4 T Infant Cereal OR 1-4 T Ground Beef (plain) and 1-4 T peaches, diced small	Spaghetti w/ meat sauce Shredded Lettuce/spinach salad Vienna bread Peaches milk	Spaghetti w/ meat sauce Lettuce/spinach salad Vienna bread w/ marg. Peaches milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk or formula 0-1/2 sliced toasted bread 1-4 T applesauce	Peeled orange pieces Bread sticks Milk	Oranges Bread sticks (soft) Milk
Thursday breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T diced peaches	strawberries Oatmeal milk	strawberries oatmeal milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T applesauce	6-8 oz breastmilk or formula 2-4 T Infant Cereal OR 1-4 T Chicken diced small and 1-4 T apples, peeled/diced, softened	Tuna Casserole Peas Apples chunks w/ Blueberry yogurt Wh wht bread/butter Milk	Tuna casserole Peas Apple chunks w/ Blueberry yogurt Wh wht bread & marg. Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk or formula 1-4 T diced banana 0 -2 Animal Crackers	Pineapple Chunks Garden Harvest Bread milk	Pineapple Chunks Garden Harvest Bread Milk
Friday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T banana diced	Bananas Toasted WW bagels w/ margarine milk	Bananas Toasted WW Bagels w/ sunflower butter milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T pureed broccoli	6-8 oz breastmilk or formula 2-4 T Infant Cereal OR 1-4T turkey, diced small AND 1-4 T Cooked, chopped broccoli	Roasted turkey Mashed potato Cooked broccoli Whole wheat dinner roll Milk	Roasted turkey Mashed potato Cooked broccoli Whole wheat dinner roll Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk formula 1-4 Tbsp diced cucumber 0-2 whole wht crackers	Guacamole tomato dip Tortilla Crisp milk	Guacamole Tomato dip Tortilla Crisp milk

WEEK 2 Date:		Center:		NSP/CA:	
Meal	Menu Items Children B-3 mo	Menu Items Children 4-7 mo	Menu Items for Children 8-11 mo	Menu items 1-2 yr olds-whole 2-3 yr old 1% milk	Menu items (3-5 yr olds) 1% milk
Monday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk/formula 2-4 T Infant Cereal 1-4 T Honeydew melon diced	Apple juice Breakfast Burritos milk	Apple juice Breakfast Burrito milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed sweet potatoes	6-8 oz breastmilk/ formula 2-4 T Infant Cereal OR 1-4 T baked chicken breast diced very small AND 1-4 T sweet potatoes peeled, sm chunks	Fiesta Chicken Long grain brown rice Sweet potatoes wedges Honeydew Melon milk	Fiesta Chicken Long grain brown rice Sweet potato wedges Honeydew Melon milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk/formula 1-4 T peach chunks mashed 0-2 Animal Crackers	Peaches Zucchini bread Milk	Peaches Zucchini bread Milk
Tuesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk/formula 2-4 T Infant Cereal 1-4 T diced pears, chopped	Diced pears Cinnamon swirl toast w/ margarine Milk	Diced pears Cinn. swirl Toast w/margarine Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed peaches	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR ½-2 oz Plain beef and 1-4 T diced peaches	Lasagna Beef and Cheese Green Beans Peaches Vienna Bread Milk milk	Lasagna Beef and Cheese Green Beans Peaches Vienna Bread Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk/formula 0-2 T plain yogurt (no strawberry) ½ slice Wheat Toast	Fruit yogurt Trail mix -sweet Milk	Fruit yogurt Trail mix - sweet Milk
Wednesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T softened apple chunks	Orange slices (peeled & cut in chunks) Rice Krispies milk	Orange slices Rice Krispies milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed banana	6-8 oz breastmilk or formula 2-4 T Infant Cereal Or 1-4 T shredded Mozzarella cheese and 1-4 T Green Beans, diced	Garden Vegetable Soup Cojack cheese and wheat brd sandwich Grape tomatoes Apple slices milk	Garden Vegetable Soup Cojack cheese and wheat brd sandwich Grape tomatoes Apple slices milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk or formula 1-4 T diced banana 0-2 Animal Crackers	Kiwi & banana Graham crackers Milk	Kiwi & banana Graham crackers Milk
Thursday breakfast	4-6 ounces of breastmilk or formula	4-8 oz breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk/formula 2-4 T Infant Cereal 1-4 T cantaloupe, diced sm	Cantaloupe Wheat English muffin Milk	Cantaloupe Wheat English muffin w/ margarine Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 oz breastmilk or formula 0-3 T IFICereal 0-3 T mashed cantaloupe	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 T shredded cheddar cheese and 1-2 T cooked broccoli pieces	Tuna salad Pita bread Romaine salad w/ broccoli Pineapple chunks (fresh/season) Milk	Tuna salad Pita bread Romaine salad w/ broccoli Pineapple chunks (fresh/season) Milk
Snack	4-6 ounces of breastmilk or formula	4-8 oz breastmilk or formula	2-4 oz breastmilk/formula 1-4 T cucumber pieces 2-4 T Plain Noodles	Cucumber Chunks Mac & cheese Milk	Cucumber Mac & cheese Milk
Friday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T berries, cut/mash	Orange juice Pancakes w/ mixed berries milk	Orange juice Pancakes w/ mixed berries milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T peeled mashed bananas	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 T beef (dice small) AND 1-4 T cooked carrots	Pot Roast of beef Boiled baby-red potatoes & carrots Banana & strawberry salad WW dinner rolls Milk	Pot Roast of beef Boiled baby-red potatoes & carrots Banana-strawberry salad WW dinner rolls Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk or formula 1-4 Tbsp blueberries, mashed ½ slice multi-grain toast	Blueberries Oatmeal Raisin Muffin milk	Blueberries Oatmeal Raisin Muffin milk

WEEK 3	Date:	Center:	NSP /CA:		
Meal	Menu Items Children birth- 3 months	Menu Items Children 4-7 months	Menu Items for Children 8-11 months	Menu items 1-2 yr olds-whole 2-3 yr old 1% milk	Menu items (3-5 yr olds) 1% milk
Monday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8ozbreastmilk/formula 2-4 T Infant Cereal 1-4 T diced apricots	Peeled orange pieces Wheat English muffin Milk	Orange slices Wheat English muffin w/ margarine Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T banana mashed	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR 1/8-1/2 C Shredded Cheese and 1-4 T WI blend veggies (no corn)	Baked fish fillets Red/Green Grapes (diced) Wisc. blend veggies Rye bread w/ marg. milk	Baked fish fillets Red/Green Grape salad Wisc. blend veggies Rye bread w/ margarine milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk or formula 1-4 T Banana Pieces ½ slice whole wheat bread, toasted	Banana Whole wheat Toast w/ margarine Milk	Sunflower butter and banana on whole wheat toast Milk
Tuesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or Formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T applesauce	Strawberries Kix Cereal milk	Strawberries Kix Cereal milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed beans	6-8ozbreastmilk/formula 2-4 T Infant Cereal OR 1-4 T beans and 1-4 T Cooked, diced carrots	Navy Bean Soup with Ham Parboiled carrots Saltine crackers Apricot pieces Milk	Navy Bean Soup with Ham baby carrots w/ ranch dressing saltine crackers Apricots Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk or formula 0-2 T shredded mozz ch 0-1/2 multigrain toast	Applesauce multigrain toast w/ Melted mozzarella cheese Milk	Applesauce multigrain toast w/ Melted mozzarella cheese Milk
Wednesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T diced peaches	100% Wh Grape Juice Banana Bread Milk	100% White Grape Juice Banana Bread Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed Cantaloupe	6-8ozbreastmilk/formula 2-4 T Infant Cereal OR 1-4 T Pork Roast, diced very small and 1-4 T diced Cantaloupe	Pork Roast Egg Noodles Romaine Salad w/ mixed pepper & mandarin oranges Cantaloupe Milk	Pork Roast Egg Noodles Romaine Salad w/ mixed pepper & mandarin oranges Cantaloupe Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk or formula 1-4 Tbsp applesauce 0-2 Animal Crackers	Apple Pieces (sm, peeled) Graham crackers Lemon Fruit Dip Milk	Apple Slices Graham crackers Lemon Fruit Dip Milk
Thursday breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T pears, chopped	Fresh pears (cut small) Whole Wheat toast w/ margarine Milk	Fresh pears Whole Wheat toast w/ jelly Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T pureed broccoli	6-8 oz breastmilk / formula 2-4 T Infant Cereal OR 1-4 T Turkey (diced very small) and 1-4 T broccoli (cooked and chopped)	Turkey stir-fry (include carrot, broccoli & green pepper) Brown rice Cantaloupe Milk	Turkey include carrot, broccoli & green pepper) Brown rice Peaches Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz of breastmilk or formula 1-4 Tbsp carrots, cook/diced small 0-1/2 slice WW toast	Baby carrots (par-boiled) Parmesan Cheese Crisps Milk	Baby carrots with hummus Parmesan Cheese Crisps Milk
Friday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T banana, diced	Raspberries w/ yogurt Multi-grain toast w/ marg Milk	Raspberries w/ yogurt Multi-grain toast w/ marg Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T applesauce	6-8 oz breastmilk /formula 2-4 T Infant Cereal OR ½-2 oz Cheese and 1-4 Tbsp applesauce	Mexican Pizza w/ cheese, tomato beans Spinach/lettuce salad applesauce Milk	Mexican Pizza w/ cheese, tomato & beans Spinach/lettuce salad applesauce Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula 1-4 T peach, diced small 0-½ slice waffle	Banana-Peach Smoothie Waffles Milk	Banana-Peach Smoothie Waffles Milk

WEEK 4	Date:	Center:	NSP /CA:		
Meal	Menu Items Children birth-3 months	Menu Items Children 4-7 months	Menu Items for Children 8-11 months	Menu items 1-2 yr olds-whole 2-3 yr old 1% milk	Menu items (3-5 yr olds) 1% milk
Monday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T Apple pcs, peeled, softened	Chipped Apples Toasted bagel w/ marg Milk	Apple slices toasted bagel w/ low fat cream cheese Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed Peas	6-8oz breastmilk formula 2-4 T Infant Cereal OR ½-2 oz plain ground beef and 1-4 T Peas, lightly mash	Spaghetti & meat sauce Frozen sweet peas Bread sticks diced pears Milk	Spaghetti & meat sauce Frozen sweet peas Bread sticks diced pears Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz of breastmilk or formula 1-4T diced pears ¼ C Cheerios	Raspberries Cheerios Milk	Raspberries Cheerios Milk
Tuesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 Tbsp applesauce	Applesauce Pancakes Milk	Applesauce Pancakes Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T green beans mashed	6-8 oz breastmilk or formula 2-4 T Infant Cereal OR ½-2 oz Cheese and 1-4 T Green Beans, diced	Salmon Patty Rice Pilaf Green beans Honeydew Melon Milk	Salmon Patty Rice Pilaf Green beans Honeydew Melon Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz of breastmilk or formula 0-2 Ritz crackers 1-4 T chopped Honeydew	Pineapple Cheese chunks & Ritz crackers Milk	Pineapple Cheese chunks Triscuit crackers Milk
Wednesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T peaches, diced	Orange juice Quiche Milk	Orange juice Quiche Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed peaches	6-8 oz breastmilk or formula 2-4 T Infant Cereal OR 1-4 T Chicken, diced very small and 1-4 T Broccoli, cooked and chopped	Homemade chicken corn chowder cooked Broccoli Peaches Saltine Crackers Milk	Homemade chicken corn chowder Raw or cooked Broccoli Peaches Saltine Crackers Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz of breastmilk or formula 1-4 Tbsp diced apricots 0-2 saltines	Apricots Veggie tortilla triangles Milk	Apricots veggie tortilla triangles Milk
Thursday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T banana, cut	Banana Oatmeal Milk	Banana Oatmeal w/ craisins Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed Banana	6-8 oz breastmilk or formula 2-4 T Infant Cereal OR ½-2 oz Cheese and 1-4 T potato wedges, diced small	Cheeseburgers on bun Baked potato wedges Baked beans Tomato slices Ketchup Milk	Cheeseburgers on bun Baked potato wedges Baked beans Tomato slices Ketchup Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula 1-4 Tbsp diced peaches 0-2 Animal Crackers	Tortilla sunbutter apple roll up Milk	Tortilla sunbutter apple roll up Milk
Friday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T chipped apples	Oranges sm.chunks Apple Cinnamon muffins Milk	Oranges slices Apple Cinnamon muffins Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T pureed broccoli OR cauliflower	6-8 oz breastmilk or formula 2-4 T Infant Cereal OR 1-4 T plain ground Beef crumbled and 1-4 T Cooked broccoli or cauliflower	Pizza with ground beef & vegetables Broccoli Cauliflower Salad Fruit Cocktail Low fat cottage cheese Milk	Pizza with ground beef & vegetables Broccoli Cauliflower salad Fruit Cocktail Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz breastmilk or formula 1-4 T Diced Cantaloupe ½ Toast	Cantaloupe Multigrain toast w/ margarine milk	Cantaloupe Multigrain toast w/ marg and 100%fruit spread milk

WEEK 5	Date:	Center:	NSP /CA:		
Meal	Menu Items Children birth-3 months	Menu Items Children 4-7 months	Menu Items for Children 8-11 months	Menu items 1-2 yr olds-whole 2-3 yr old 1% milk	Menu items (3-5 yr olds) 1% milk
Monday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T applesauce	applesauce French toast Milk	applesauce French toast Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T applesauce	6-8 oz breastmilk or formula 2-4 T Infant Cereal OR 1-4T chicken (diced sm) and 1-4 T diced cucumbers	Homemade Chicken Enchiladas Shredded Spinach & Lettuce salad Orange Slices Milk	Homemade Chicken Enchiladas Spinach/Lettuce salad Orange Slices Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or Formula ½-2oz cottage cheese 0-2 Wh Ritz crackers	Cucumber slices (cut) Low-fat cottage cheese Wh Ritz Crackers Milk	Cucumber slices Low-fat cottage cheese Wh Ritz Crackers Milk
Tuesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T banana, cut	Bananas Bran muffins Milk	Bananas Bran muffins Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T banana, mashed	6-8 oz breastmilk or formula 2-4 T Infant Cereal OR ½-2 oz Red Beans and 1-4 T diced asparagus	Red Beans and Ham Asparagus Apple (peeled, chunks) Whole Wheat Bread Milk	Red Beans and Ham Asparagus Apple slices Brown Rice Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula 1-4 Tbsp apples peeled, diced very sm 0-2 Town House crackers	Grape tomatoes (diced) Savory Trail Mix Milk	grape tomatoes (halved lengthwise) Savory Trail Mix Milk
Wednes. Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T Apricots, chopped very small	Orange Juice Scrambled eggs wheat English muffin w/ margarine Milk	Orange Juice Scrambled eggs wheat English muffin w/ margarine Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed Apricots	6-8 oz breastmilk or formula 2-4 T Infant Cereal OR 1-4 T Plain Ground Beef and 1-4 T carrots, parboiled & diced	Ground Beef Stroganoff Egg Noodles Carrots sticks cooked Apricots, diced Milk	Ground Beef Stroganoff Egg Noodles Carrot sticks/chips Apricots Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or Formula 1-4 Tbsp banana 0-2 Animal Crackers	Pineapple chunks Graham Crackers Milk	Pineapple chunks Graham Crackers Milk
Thursday breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T diced apricots	Fruit Cocktail Whole wheat toast w/ margarine Milk	Fruit Cocktail Whole wheat toast w/ margarine Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed melon	6-8 oz breastmilk or formula 2-4 T Infnt Cereal OR 1-4 T Shredded Cheese and 1-4 T diced melon	Fish tacos w/ lettuce, tomato, cheese Melon Milk	Fish tacos w/ lettuce, tomato, cheese Melon Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk/formula 1-4 Tbsp broccoli, cooked/cut 0-6 plain oyster crackers	Steamed broccoli & cauliflower Seasoned Oyster Crackers Milk	broccoli & cauliflower w/ veggie dip Homemade Seasoned oyster crackers Milk
Friday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk/formula 2-4 T Infant Cereal 1-4 T apples (peeled, cooked, chopped)	Strawberries Croissant Milk	Strawberries Croissant Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed potatoes	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 T plain ground beef and 1-4 T Potato wedges diced small	Sloppy Joes on a bun Baked potato wedges Green pepper slices Chopped apples Milk	Sloppy Joes on a bun Baked potato wedges Green pepper slices Green Treasure salad Milk
Snack	4-6 oz of breastmilk /formula	4-8 oz of breastmilk or formula	2-4 oz breastmilk/formula 1-4 T shred mozz cheese 0-2 Townhouse ckr	Cheese quesadilla w/ salsa dip milk	Cheese quesadilla w/ salsa dip milk

WEEK 6	Date:	Center:	NSP /CA:		
Meal	Menu Items Children birth-3 months	Menu Items Children 4-7 months	Menu Items for Children 8-11 months	Menu items 1-2 yr olds-whole 2-3 yr old 1% milk	Menu items (3-5 yr olds) 1% milk
Monday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T applesauce (plain)	Cinnamon applesauce Waffles Milk	cinnamon applesauce Waffles Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed peaches	6-8 oz breastmilk/formula 2-4 T IFICereal OR ½-2 oz cheese and 1-4 T diced peaches	Scrambled eggs w/ turkey sausage Garden Blend Veggies Peaches Wheat English Muffin Milk	Scrambled Eggs w/ Turkey sausage Garden Blend Veggies Peaches Wheat English Muffin Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula 1-4 T cooked carrots 0-2Saltine Crackers	Cooked baby carrots Saltine crackers Bean dip Milk	Baby Carrots Triscuit crackers Bean dip Milk
Tuesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T banana, cut	Banana Muffins w/ frozen blueberries Milk	Banana Muffins w/ frozen blueberries Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed Pears	6-8 oz breastmilk/formula 2-4 T IFICereal OR 1-4 T chicken (plain, diced small) and 1-4 T Pears, diced sm	Chicken Salad Tortilla Roll up Shrd Lettuce & Cheese Sliced tomato Corn Diced Pears Milk	Chicken Salad Tortilla Roll up Shrd Lettuce & Cheese Sliced tomato Corn Diced Pears Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula ½-2 oz Cheese 0-1/2 slice Wheat Toast	Peeled Orange chunks/sm Soft Pretzel Milk	Orange wedges Soft Pretzel Milk
Wednesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T Applesauce	mixed berries Vanilla Yogurt granola Milk	mixed berries Vanilla Yogurt granola Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Pureed broccoli OR cauliflower	6-8 oz breastmilk/formula 2-4 T IFICereal OR 1-4 T Plain Beef and 1-4 T Mashed Potatoes	Meatloaf Mashed potatoes Cooked broccoli & cauliflower Whole wheat bread Milk	Meatloaf Mashed potatoes Cooked broccoli & cauliflower Whole wheat bread Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula 1-4 Tbsp carrots, cooked/cut 0-2 Wh Ritz crackers	parboiled carrots & rutabaga Wh Ritz crackers Cottage cheese Milk	baby carrots/rutabaga pieces Hard Bread sticks Cottage cheese dip Milk
Thursday breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T blueberries chopped	Blueberry Orange parfait Multi grain toast w/ marg Milk	Blueberry orange parfait Multi grain toast w/ marg Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed peas	6-8 oz breastmilk/formula 2-4 T IFICereal OR ½ oz-2 oz cheese and 1-4 T Peas, lightly mash	Fish Filet-lite breading Brown rice Sugar snap peas Apple Pieces, peeled Milk	Fish Filet-lite breading Brown rice Sugar snap peas Apple Slices Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk/formula 1-4T apple peeled, cooked, diced 0-1/2 toast	Apple Quick Bread Pineapple Milk	Apple Quick Bread Pineapple Milk
Friday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk/formula 2-4 T Infant Cereal 1-4 T Honeydew, diced	Apple juice Pancakes w/Strawberries Milk	Apple juice Pancakes w/Strawberries Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed honeydew	6-8 oz breastmilk/formula 2-4 T IFICereal OR 1-4T chicken, diced very small and 1-4 T Cooked, diced carrots	Chicken & Wild Rice Soup Whole wheat dinner roll Honeydew melon 5-Way Mixed Veggies Milk	Chicken & Wild Rice soup- Whole wheat dinner roll Honeydew melon 5-Way Mixed Veggies Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula 1-4 T banana, cut 0-2 Animal Crackers	Bananas Corn Flakes Milk	Bananas Corn Flakes Milk

WEEK 7	Date:	Center:	NSP /CA:		
Meal	Menu Items Children birth- 3 months	Menu Items Children 4-7 months	Menu Items for Children 8-11 months	Menu items 1-2 yr olds-whole 2-3 yr old 1% milk	Menu items (3-5 yr olds) 1% milk
Monday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T diced banana	Orange Wedges Homemade Cinnamon Biscuits Milk	Orange Wedges Homemade Cinnamon Raisin Biscuit Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed green beans	6-8 oz breastmilk formula 2-4 T Infant Cereal OR ½-2 oz Cheese, (noodles extra) AND 1-4 T green beans, diced	Ham & Cheese Egg Noodle Bake Green Beans Mango/Pineapple/Banana Milk	Ham & Cheese Egg Noodle Bake Green Beans Mango/Pineapple/Banana Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4oz Breastmilk/formula 1-4 T mango (diced small) ½ sl Wheat Bread toasted	Egg salad on whole wheat bread Milk	Egg salad on whole wheat bread Milk
Tuesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T sm diced apricots	Canned apricots diced Light rye bread w/ melted Mozz cheese Milk	Canned apricots Light rye bread w/ melted Mozz cheese Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed cantaloupe	6-8oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 T Baked Beans and 1-4 T cantaloupe diced	Hamburger on a bun ketchup Potato wedges Baked beans Cantaloupe Milk	Hamburger on a bun ketchup Potato wedges Baked beans Cantaloupe Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4oz Breastmilk/formula 1-4 T apple pcs, peeled, cooked 0-1/2 Saltines	Apple –small chunks Pumpkin bread Milk	Apple slices Pumpkin bread Milk
Wednesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T banana, chopped	banana Wheat English muffin w/margarine Milk	Banana Wheat English muffin w/margarine Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed banana	6-8oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 T Plain Chicken (diced very small) and 1-4 T diced cooked apples	Cheesy Chicken Salsa Skillet kiwi/apple/grape Wh Wht Spiral Pasta Milk	Cheesy Chicken Salsa Skillet kiwi/apple/grape Whole Wht Spiral Pasta Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4oz Breastmilk/formula 1-4 Tbsp plain yogurt 0-2 Ritz crackers	Wh Wht Cinnamon Sticks Vanilla Yogurt Milk	Wh Wht Cinnamon Sticks Vanilla yogurt Milk
Thursday breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T peaches, chopped	Peaches Kix Cereal Milk	peaches Kix Cereal Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed pears	6-8oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 Tbsp shredded cheese and 1-4 T Pears, diced	Tomato soup Hard cook egg quarters Toasted cheese sandwich (wht brd) Cooked broccoli Pears Milk	Tomato soup Hard cook egg quarters Toasted cheese sandwich Raw broccoli Pears Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula 1/8-1/2 C cottage cheese 0-2 Wh Wht Ritz Crackers	Cottage cheese Wh Wht Ritz Crckers Milk	Cottage cheese Wh Wht Ritz Crckers Milk
Friday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T diced peaches	Mandarin Orange & pineapple salad Multigrain toast w/ marg Milk	Mandarin Orange & pineapple salad Multigrain toast w/marg Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed peaches	6-8oz breastmilk/formula 2-4 T Infant Cereal OR ½-2oz cheese AND 1-4 T diced hashbrown potato	Baked fish fillets Diced hashbrown potato Apple pieces/small Dinner roll (wh wheat) Milk	Baked fish fillets Diced hashbrown potatoes Apple slices Dinner roll (wh wheat) Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula 1-4 T blueberries ½ slice wheat toast	Peaches/Blueberries Plain bagel w/ margarine Milk	Peaches/Blueberries Plain bagel w/ margarine Milk

WEEK 8	Date:	Center:	NSP /CA:		
Meal	Menu Items birth-3 months	Menu Items 4-7 months	Menu Items for 8-11 months	Menu items 1-2 yr olds-whole 2-3 yr old 1% milk	Menu items (3-5 yr olds) 1% milk
Monday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T pears, cut	Pears Pancakes with maple syrup (sugar-free) Milk	Pears Pancakes with maple syrup (sugar-free) Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed peaches	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 T shredded cheese and 1-4 T diced peaches	Tuna Melt Shredded Lettuce/spinach salad w/ tomato & green pepper Peaches Milk	Tuna melt Lettuce/spinach salad w/ tomato & green pepper dressing Peaches Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk/formula 1-4 Tbsp diced banana 0-2 saltine crackers	Grapes (cut sm chunks) Bran and raisin muffins Milk	Grapes (cut in ½ length) Bran and raisin muffins Milk
Tuesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T cantaloupe	Orange juice Blueberry Bagel w/ marg (toasted) Milk	Orange juice Blueberry Bagel w/ marg Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T Mashed broccoli	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 T Chicken, diced sm and 1-4 T broccoli, cooked and chopped	Chicken & Broccoli Dijon Brown Rice Cantaloupe WW Dinner Roll Milk	Chicken & Broccoli Dijon Brown Rice Cantaloupe WW Dinner Roll Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula 1-4 T Vanilla Yogurt Whole grain toast	Vanilla Yogurt w/ raspberries homemade Corn muffins Milk	Vanilla Yogurt w/ raspberries homemade Corn muffins- Milk
Wednesday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk/formula 2-4 T Infant Cereal 1-4 T banana, cut	Banana Rice Krispies cereal Milk	Banana Rice Krispies cereal Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed cantaloupe	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR 1-4 T Beans/Beef and 1-4 T diced cantaloupe	Tacos w/ beef & refried beans Lettuce & tomato Chipped Apples Tortillas Cheese salsa milk	Tacos w/ beef & refried beans Lettuce & tomato Apple slices Tortillas Cheese salsa milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk/formula 1-4 T cooked broccoli pieces 0-2 Wh Ritz crackers	Cooked Broccoli Cheese cubes Wheat Ritz crackers Milk	Raw Broccoli w/ Ranch Cheese cubes Wheat Thins crackers Milk
Thursday breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk/formula 2-4 T Infant Cereal 1-4 T mashed pears	Orange segments Whole wheat toast with Margarine Milk	Orange segments Whole wheat toast with sunflower butter Milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed brussel sprouts	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR ½-2 oz plain chicken and 1-4 T brussel sprouts	Italian seasoned chicken Wh Wht Fettuccini Brussel Sprouts Pineapple/apple/pear salad Milk	Italian seasoned chicken Wh Wht Fettuccini Brussel Sprouts Pineapple/apple/pear salad Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk/formula 1-4 T peaches, diced sm 0-1/2 slice whole wheat toast	Scrambled eggs peaches/diced small wheat English muffin Milk	Scrambled eggs peaches wheat English muffin Milk
Friday Breakfast	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal	6-8 oz breastmilk or formula 2-4 T Infant Cereal 1-4 T applesauce (plain)	Cinnamon applesauce French toast milk	Cinnamon applesauce French toast milk
Lunch	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula 0-3 T IFICereal 0-3 T mashed banana	6-8 oz breastmilk/formula 2-4 T Infant Cereal OR 1/8-1/2 C Cottage Ch AND 1-4 T diced banana	Baked macaroni & cheddar cheese Cottage Cheese Pickled Beets Kiwi & banana slices Milk	Baked macaroni & cheddar cheese Cottage Cheese Pickled Beets Kiwi & banana slices Milk
Snack	4-6 ounces of breastmilk or formula	4-8 ounces of breastmilk or formula	2-4 oz Breastmilk or formula 1-4 T diced peaches 0-2 Ritz crackers	Homemade Cinnamon Crisps Fruit salsa Milk	Homemade Cinnamon Crisps Fruit salsa Milk